

The Hampton Roads Junior Officer Spouse Workshop

for spouses of
O-1 through O-4

at Naval Station Norfolk
Admiral's Row
on the evenings of
September 18th and 25th, 2001
5:30 – 9:30 p.m.

Supported by:
Fleet and Family Support Centers of Hampton Roads, Virginia
Navy League of the United States Hampton Roads Council

Tuesday, September 18th

Miss Military Manners:

Sharpen your etiquette and protocol skills with *Miss Military Manners*! This workshop will answer commonly asked questions about introductions, invitations, and everything in between. Bring your own questions for our seasoned panel of spouses.

Traveling Hampton Roads & Beyond:

With today's quality of life being of incredible importance, this workshop will focus on the "perks" of being a military dependent. Hampton Roads resources, popular domestic destinations, and often-traveled international cities will be highlighted. You will be empowered to take advantage of many travel resources from military flights to special vacation packages available to you, the military spouse and your family.

Tuesday, September 25th

Entertaining With Ease:

Do you want to learn...how to plan ahead, incorporate what you have, use themes, enjoy your guests, feel relaxed, host a simple BBQ or an elegant formal dinner? Join us for an interactive presentation that will teach you how to alleviate some of the stress of entertaining and make your guests feel special.

Deployment — Thriving, Not Just Surviving:

Many calendar pages will be flipped before Homecoming Day! Whether it's your first deployment or you're a veteran, you can learn how to thrive, not just survive a deployment. Our panel of experts — other Navy spouses — includes Virginia Pilot columnist, Jacey Eckhart.

Check-in for both nights will begin at 5:30 p.m. at Pennsylvania House on the corner of Farragut and Dillingham Blvd. Parking is available across from the homes on Dillingham Blvd.

For additional information, please contact FFSC Norfolk at 444-2102 or check the website at www.ffscnorva.navy.mil.

Registration Form

Name: _____

Address: _____

Phone: _____

Command: _____

Naval Community: _____

Box dinners will be provided each night. If you have a special dietary restriction, please advise us here.

Conference Fee:

Because space is limited, full-time registration will take priority over part-time registration.

Full-Time: \$20.00

Part-Time: \$12.00

☐ September 18th ☐ September 25th ☐ Both Nights

Payment and registration must be received no later than September 5th, 2001. The fee is non-refundable after September 12th, 2001. Workshop space is limited and will be based on receipt of registration.

Make checks payable to:
Navy League

Mail registration form and payment to:
Fleet and Family Support Center Norfolk
J.O. Spouse Workshop
Attn: Kathy Conklin
7928 14th Street, Suite 102
Norfolk, VA 23505-1219

Questions or concerns you wish to have addressed by "Miss Military Manners" may be written on the back of this registration form.